

# CELEBRATION OF WELLNESS

## NEWS

Issue 66

July 2023

### "Honey! Give him the phone so that he can calm down."

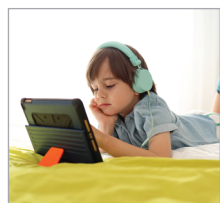
A behavioral update by Rayyan Anwer, MD FAAP

- The recent CDC report from March of 2023 on the rates of Autism must alert the whole country to the astronomical rise of childhood developmental changes and challenges.



- Per the report, the prevalence of Autism has increased from 1 in 150 in 2020 to 1 in 44 in 2018.

- Two years later, data from 2020 showed a prevalence of 1 in 36, and this data does not even encompass the true effect of the COVID years. ([https://www.cdc.gov/mmwr/volumes/72/ss/ss7202a1.htm?s\\_cid=ss7202a1\\_w](https://www.cdc.gov/mmwr/volumes/72/ss/ss7202a1.htm?s_cid=ss7202a1_w))



- On the ground now, we are seeing a much higher prevalence rate.

- Research has shown us that the causes of Autism are multifactorial. This means that it is a combination of genetic factors and environmental factors. To help us understand what that means, let us use the example of some cancers that might run in families and how

carcinogens (substances or exposures that increase the risk of cancer) can drastically increase the risk of that particular individual in the family getting cancer.

- It is important to understand that Autism being a vast spectrum in itself, is part of a larger spectrum called "Neurodivergence." This umbrella term refers to brain development or function that does not necessarily follow the normative path of brain development or function. Examples of these brain types include ADHD, Dyslexia, OCD, Tic disorders, Sensory Processing Disorders, Anxiety, and other learning disorders. These disorders are not mutually exclusive and frequently coexist. Often these brain types can be highly gifted in

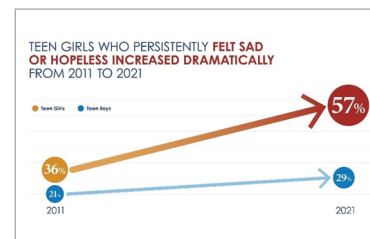
certain areas while having significant challenges in others. It is important not to stigmatize these brain types, as they are all part of the beautiful tapestry of human brain diversity. Each brain is unique, and getting the right therapy and help for these individuals' unique challenges is extremely necessary. It is interesting to note that the prevalence of ADHD far outnumbers the prevalence of Autism. Most forms of Autism also have ADHD, but not necessarily the other way around. Additionally, we see a significant rise in ADHD with "sprinkles" of Autistic features.

- Although much more research is needed to assess risk factors for Autism during pregnancy, we do have mounting research on what can cause significant derangements in healthy brain development early on.

- I like to use the term neuro-damaging vs neuro-protective. (if we use the cancer analogy: like carcinogens and anti-oxidants)

- Babies learn by watching faces and lips and by touching and feeling.

- Amongst other factors, quality human interaction is very neuro-protective, but there is more detail to it. Modeling positive and appropriately graded responses to babies' expressions is key, according to a study that analyzed EEG patterns in infants based on caregiver interactions (Swingler et al., 2017). Other significant neuro-protective exposures include building routines, especially around protecting sleep, a healthy diet (minimizing regular consumption of sugar-sweetened foods and highly processed foods and prioritizing foods rich in nutrients and omega-3 fatty acids), age-appropriate time in nature or outdoor activities, and age-appropriate sport or exercise routines.



To read the full article, please visit our website at [www.celebrationpediatrics.com](http://www.celebrationpediatrics.com).

### Happy 4th of July

Celebration Pediatrics will be closed on Tuesday, July 4, 2023, during the Independence Day holiday.

Regular business hours will resume on Wednesday, July 5, 2023.



### The 2023 Superhero Race is September 17, 2023

This year's event will be held from 7:30am – 11:00am in Downtown Celebration, Florida at Lakeside Park.

Registration is now OPEN at <https://runsignup.com/Race/FL/Celebration/SuperheroRaceAgainstCancer>



### MEET THE PROVIDERS AT CELEBRATION PEDIATRICS

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# CELEBRATION OF WELLNESS

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### 5 of the Most Common Questions About Menopause

Celebration Obstetrics & Gynecology now offers Empower RF by InMode. Empower RF is a new safe and effective solution delivering life-changing technologies for women's wellness. This innovative device is designed specifically to treat a broad range of conditions. As we age and our bodies change, imagine the difference Empower RF can make in your life.



"We are excited to offer new safe, effective solutions delivering life-changing treatment for women's wellness. Vaginal rejuvenation treats many conditions, such as urinary incontinence, weak pelvic floor muscles, blood circulation, and pain relief. As new techniques and technologies are introduced to the women's healthcare market, lasers have become an increasingly popular treatment option. That is because lasers help reduce the need for extensive surgery," says David A. Marcantel, MD, FACOG, Medical Director.



Read this article from the American College of Obstetricians and Gynecologists below about 5 of the Most Common Questions About Menopause by Dr. Shana Miles.

Women tend to greet menopause with mixed emotions. They may be nervous about getting older or anxious about what they're experiencing, physically and emotionally.

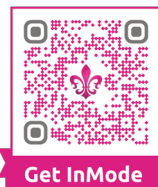
#### 1. Should I start hormone therapy?

I recommend women try other methods first, especially for hot flashes: dressing in layers, carrying a portable fan, and sipping cold drinks. Avoid foods and beverages that trigger hot flashes, such as alcohol and caffeine. Stop smoking and lose extra weight if you need to. Try meditation, which can make hot flashes less bothersome.

#### 2. How will menopause affect my sex drive?

The fluctuation of hormones during menopause can lead to vaginal dryness, which causes pain during sex. Then women may find they don't initiate sex anymore for fear of this pain.

Vaginal moisturizers and lubricants can provide relief. If those don't work, talk with your ob-gyn about topical or oral medications.



other medications you are taking or other medical conditions.

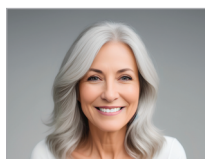
For these reasons, talk with your ob-gyn before taking supplements to treat menopausal symptoms.

#### 4. I haven't had a period in years. Do I need annual check-ups with an ob-gyn?

It would be best to still come for your annual visit, regardless of age. You may no longer need birth control or prenatal care, but Ob-Gyns offer the full range of women's health care. From screening for cancer and STIs to discussing concerns about sex and urinary incontinence, your annual check-up can cover all aspects of your sexual and reproductive health.

#### 5. Do I still need Pap tests and mammograms after menopause?

Yes, to this one too. The recommendation is to continue with Pap tests until age 65 unless you have a risk factor for cervical cancer, such as HIV (human immunodeficiency virus). Even women who have had a hysterectomy may still need screening.



#### A New Stage

Menopause is just another stage of life, as natural as any other. With open communication, you can address any concerns about your symptoms and get the help you need.

To read the full article, please visit our website at <https://celebrationobgyn.com/>. Call us to schedule your InMode consultation today at (407) 566-2255.

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